

## Abbaye de Timadeuc- Josselin

5h30 21.9 km

### Directions :

**00.0** – Leaving the **abbey of Timadeuc**, take the road which goes down towards the canal for about 500m. At the canal, take a left onto the towpath, left bank, which you follow, passing by the lock of Île till you get to ...

**1h20 6.8** – ... **the lock of Griffet** where you change banks, crossing to the right over the canal by a country road to get to the right-bank towpath about 200m after having crossed over the course of the river Oust. Turn left to get back onto the towpath, keeping to the left. Pass near the lock of Lié, a little more than 1 km away, before reaching...

**2h20 09.4** – ... **the lock of Cadoret**. Here cross the stone bridge on the left and take the road which shortly bends to the right. Follow it for 3.5km before reaching the village of ...

**3h15 13.0** – ... **Pomeleuc**. Carry on via the path which starts behind the chapel heading for the canal. Cross a branch of the river Oust by taking the small bridge located below. At the canal, take the right-bank towpath to the left. After a little more than 1km, cross the D 764 at the village of Bocneuf-la-Rivière and get back to the canal, taking the other bank. Go past the lock of Bocneuf then the lock of Rouvray – with a metal walkway over the canal – after a little more than 3km, and get to, 1.6km further on...

**4h55 19.6** – ... **the lock of Caradec**. Here you pass under the N 24 motorway (passage to the left) and continue along the towpath. 700m after the lock of Beaufort, after the bridge on the right over the canal and at the foot of the walls of the château, turn left to go up Rue du Val d'Oust ; after 50 m go right in order to head left after a further 50m via a small road towards the centre of the town and the château of...

**5h30 21,9** – ... **Josselin**